

Signs of Meth Use

Meth Fact Sheet

If you think someone you know might be using meth, or you're a parent who suspects your teen might be using, here is a list of warning signs to look for.

Physical Symptoms:

- Weight loss
- Abnormal sweating
- Shortness of breath
- Nasal problems or nosebleeds
- Sores that do not heal
- Dilated pupils
- Burns on lips or fingers
- Track marks on arms
- Aggression or violent behavior
- False sense of confidence and power
- Convulsions
- Carelessness about appearance
- Deceit or secretiveness

Behavioral Symptoms:

- Withdrawal from family and friends
- Change in friends
- Disinterest in previously enjoyed activities
- Increased activity
- Long periods of sleeplessness (24-120 hours)
- Long periods of sleep (24-48 hours)
- Incessant talking
- Irritability
- Twitching and shaking
- Itching
- Decreased appetite
- Erratic attention span
- Repetitious behavior, such as picking at skin, pulling out hair, compulsively cleaning, grooming or disassembling and assembling objects

Mental Symptoms:

- Paranoia
- Anxiousness
- Nervousness
- Agitation
- Extreme moodiness
- Severe depression
- Hallucinations
- Delusions of parasites or insects crawling under the skin.

Paraphernalia:

- Rolled up paper money or short straws
- Pieces of glass/mirrors
- Razor blades
- Burned spoons
- Surgical tubing
- Syringes/needles

In all cases of meth use, a user may experience a loss of inhibitions and a false sense of control and confidence, which can lead to dangerous behavior.

For facts about meth use, please refer to the **FACTS ABOUT METH** fact sheet